



## 1-2-3 SHOW

### BRAIN BOOST STRATEGIES

## CLASSROOM APPLICATION

*"I loved getting to see my students communicate and work effectively together! It was great to see their teamwork skills in action."*

### Recommendations

- This is a useful icebreaker exercise at the beginning of the school year when students are getting to know one another.
- Rather than having students do both exercises, modify back to regular rock, paper, scissors and the partner that 'wins' chooses the exercise for the other partner to do.
- Switch up the exercises assigned to numbers 1-5. Allow students to choose their favorites.
- Use after testing when students want to get up from their seat. It allows them to move around the room to find a new partner.
- Modify to include 10 exercise options, with students adding the sum of their numbers together to perform the associated exercise.



VIRGINIA  
Chief Movement Officer



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